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THE  
MANAGEMENT  
OF THE  
G O U T,

By a PHYSICIAN from his own Case.

WITH

The VIRTUES of an ENGLISH Plant  
B A R D A N A,

Not regarded in the Present Practice ; but  
safe and effectual in alleviating that Disease.

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By GEORGE CRINE, M. D.

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THIRD EDITION.

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L O N D O N:

Printed for R. BALDWIN, in Pater-noster Row.

M DCC LVIII.

HILL, Sir John

[By Sir John Hall]



Half-title wanting?

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THE  
MANAGEMENT  
OF THE  
GOUT.

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INTRODUCTION.

**I**T were idle to reason about the gout; since we confess we do not understand it. But it may be useful to others to know how I have softened the agony of the fits; improved the health of intervals; and perhaps prolonged them: as also to be informed of a medicine equally safe and effectual, to which, (tho' hitherto unknown in this disease,) I owe a great part of the benefit.



THIS is the purpose of the ensuing treatise.

IT is the best praise of a physician to seek new remedies for diseases which have baffled the old ones : and 'tis his duty if he has been so fortunate to discover any, to give them freely to the public.

THIS was the opinion of those generous and honest antient times, when the great father of the art having cured a desperate malady, hung up his votive tablet in the temple of Æsculapius ; and with his success told the world the medicine. This raised the name of the profession into honour ; and on these principles succeeding physicians saw statues rise to them while living ; and emperors, in gratitude for their own health and a people's, place them beside those of the tutelary god.

THE gout, offspring of luxury, has increased among us with the poisonous arts which feed its parent : and medicine does,  
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and I am afraid will do but little. Even this remedy which I have found so useful, is only palliative.

THREE things are essential to the softening of the symptoms ; a good digestion, free circulation, and open perspiration. Diet and exercise will do more in these than the compositions of the apothecary : and the highest praise I give the simple medicine I shall propose, is, that it assists in all those operations.

THIS will blunt the sting of the disease : and that is all the afflicted can yet expect. Absolute remedies have been proposed, but they have disgraced even the most distinguished names by which they have been patronised. Cheyne lost credit by believing SULPHUR would cure the gout ; and Dolæus has been the innocent cause of many deaths by his milk diet. Knowledge or accident may at some future time discover a remedy ; but hitherto the poet who says medicine cannot cure the gout, speaks of it more truly than its professors who have thought the contrary.



## C H A P. II.

*The history of the Gout.*

**T**HE earlist writers name the gout as a common, an inveterate, and an incurable disease. More than two thousand years ago we read of it in Greece ; and of the ineffectual labours of medicine for its relief : from that time to the present the same accounts are given of its ravages in the human frame : and in all countries it has made its appearance with luxury ; and increased with it. 'Tis not a wonder the savage life knows little of it ; for in the most civilized nations, and most voluptuous, even in Britain, those who live by labour, and cannot purchase delicacies, are exempt from the disease.

THIS history of the gout informs us towards its cure : if luxury and indulgence be its parents ; abstemiousness will prove a remedy. On this has been found-  
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ed the scheme of vegetable and milk-diets ; but hasty thoughts do not constitute the physician's knowledge. Nature will not bear violent changes : and they often perish by worse diseases who thus attempt the cure of this. If they can bear the meagre regimen ; the first return to richer food destroys them.

IF the Romans suffered less by this disease even when they were abandoned to the most sordid luxury, it was because they used more exercise : which assisted at once digestion, circulation, and perspiration. If we in England now feel more of it than was the lot of our fathers, it is because we are not only more voluptuous, but more lazy.

WE see by what means the gout is to be acquired : whether or not it be hereditary, tho' the appearances are strong, is less certain. Children naturally lead the lives of their fathers ; and that may be the effect of high food ; and too much ease, which we suppose to have been transmitted



mitted from the parent. Even those who allow hereditary gout, do not all suppose the disease descends from father to son in its own proper form: the celebrated Englishman who establishes this distinction, and diversifies the regimen according to it, supposes the hereditary taint may be a mixture of scurvy, pox, and stone.

THAT the gout and stone are greatly allied appears indeed most certain: and if ever a cure for the one be found, perhaps we shall not long want it for the other. The medicine from which I have received such benefit, is equally useful against both, tho' it be a cure for neither. Possibly it may have power to prevent both in those subject to them, if taken early, and for a length of time: at worst no danger can attend it; and if this should be the case, the advantage will be inestimable.

ALTHO' rich food and little exercises naturally may in time bring on the gout; they have not this effect universally.

Colds



Colds bring on fevers, but not always ; and even in the most contagious diseases some are free.

THE body is framed differently in various people ; and to this is owing, that the same cause has various effects on different persons ; or according to their various construction, greater, less, or none.

WE see by the course of life, and consequences in different persons, that all are not equally liable to the gout : and it will be useful to find who are most, who least : that we may guard most carefully where there is the greatest danger.

EXPERIENCE shews, and the greatest names confirm, that men most subject to the gout are those who have the solids firm, and the extreme vessels of the body small.

THIS is a construction of the human frame that gives the strongest natural vigour : and it is therefore those who have  
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the gout are in general, (if it may be permitted one of them to say so) otherwise the most lively of their species; sharp, discerning, and sensible; of strong understandings, and ready apprehension: but too much subjected to the empire of the passions; because they possess a quick sense of whatsoever is great or good, affecting, or pleasing.

LET our brothers of the world allow us this prerogative. Nature who has joined to it an almost entire exemption from the tyranny of other diseases, has imposed the full price on her favours, in the agonies of this.

### C H A P. III.

#### *The occasions of the gout.*

**T**HOU' we acknowledge great ignorance in regard to this disease, it may not be improper to lay before the reader who has not studied medicine, what is most plain or probable about it: that he may understand how the diet and remedy to be proposed obtain their effect.

OUR



OUR food, and most of all the richest, abounds in solid parts, which pass the smallest vessels of our bodies difficultly : and yet they must pass; or by stopping in them bring on disorders.

IN men whose solids are soft and easily distended, these small vessels (whose coats are made up of those solids) are readily stretched so far as is necessary to give those hard parts of our food their passage. Thus debauchees in every sense may escape the gout.

IN those who have these small vessels naturally of the due dimension, to let the hard parts pass, there needs not any thing of that stretching here named ; for they go off naturally and freely, because they are not over-proportioned to the vessels which are to give them way.

IN both these kinds of constitutions, excesses of living, and even laziness withal, may be indulged without danger of the gout. But let not such persons therefore

give a loose to luxury ; for it has other attendants as terrible.

ON the other hand, in men whose smallest vessels are naturally narrower than usual, and have their coats too firm for this distention or easy stretching, the hard parts of the food are stopped in them : and all know that obstruction is the cause of inflammation. This is the gout : and it happens most naturally in the feet or hands, partly because the bones and ligaments there compress the vessels, and render their distention more difficult ; and partly because being most remote from the heart, the force of the blood is least in those parts.

It has been a custom to name these solid or hard parts in our food SALTS, and our countryman Cheyne who adopts nearly this system, calls them so ; but it is an error, and it leads to errors. Salts dissolve clear in water : it is their proper character : but chalk-stones of the gout do not. They resemble the pebbles of

our



our earth, which we know once were suspended in a fluid, because sea-shells are bedded in them ; but which having now concreted into lumps, no human heart can disunite.

FROM this plain account of the gout we shall be able to judge who are most liable to it ; and therefore where the preventing caution is most needful : as also to assist and relieve those who actually suffer it ; tho' it be then too late for cure. A great deal may be done by care in the diet, and proper exercise ; and something by the easy medicine here to be recommended.

IN general, hard meats, high-seasoned sauces, and salted provisions, abound most with those particles which cause the gout : and the tartar in wines is of the same nature. Therefore he who abstains from these will rob the disease of its strength ; and render the other means of relief more effectual.

EXERCISE which gives strength to the circulation, will tend greatly to prevent

obstructions in the smaller vessels : and any medicine will be useful, which, without heat or irritation, helps to soften the too firm texture of the coats of the small vessels, and gives an easy passage to their contents. On these principles is founded the regimen which it is the purpose of this treatise to recommend.

ALL know that cold hardens and contracts ; and that heat softens and dilates the parts of bodies. A bar of iron is smaller when cold, and thicker when hot ; the thickness encreasing in proportion to the degree of heat : and certainly what can affect a solid metal has much more power upon our tender bodies.

THE cold air therefore is to be feared by all who have the gout : and the feet should be guarded always from it. For this reason they do well who reject the cold bath in the intervals, tho' the greatest names stand forth to recommend it.

DRYNESS of the skin hardens also the coats of the extremè vessels, and therefore



fore hinders their dilation. Whereas moisture and warmth encourage both; and are for that reason useful.

PERSPIRATION is essential to ease in the gout, and to the lengthening of the intervals: therefore whatever stops the pores is hurtful. All foulness does this in some degree; and consequently one requisite more, is cleanliness.

#### C H A P. IV.

*The Author's management of himself in the gout.*

**O**N these principles I manage my feet in the following manner. I wash them frequently with water just as warm as the flesh; neither hotter nor colder. Bran softens it: and by keeping a small quantity of water on the fire, 'tis easy to continue the same warmth in it, which the plain sense of feeling first shewed to be right.

I WEAR

I WEAR shoes always so large that the foot moves freely in them, for nothing is more plain, than that squeezing the parts hinders free circulation: and they are made of the softest leather, lined throughout with flannel.

I WEAR yarn stockings next the skin, and lye in them: and never walk or ride when the air is either cold, or damp.

By this means perspiration is kept up constantly and uniformly in my feet; and my hands, when I am in the air, being defended by woollen gloves, have sufficiently the same advantage.

MINE is a degree of gout, not of the most extreme kind, but such as men in the middle stage of life usually have. For many years I have been accustomed to a fit in autumn, and another in spring, and sometimes the autumn-fit has lasted thro' the winter. Before I used the regimen and medicine I am about to name,



name, fits of five, six, or seven months, have sometimes held me in the most horrible agony ; tho' going off they left no swelling.

THIS being a common state of the gout, and the relief I have found in it very great, I therefore offer the method to the public : nor is it peculiarly to this degree of the disease it may be applied : it will be useful in all.

I DRINK no wine.

MY medicine is my breakfast and supper : my dinner is that of other moderate people.

I AVOID beef, and pork : I prefer lamb, veal, pig, and chickens to other foods ; but I am not so strict as to avoid the rest dressed plainly : my drink is malt-liquor, strong and small : and from this course of life, which neither I feel as a restraint, nor any body calls so, I receive the full benefit of abstemiousness.

WHETHER

WHETHER fish should, or should not be eat by gouty persons, is a disputed point: most writers are against it. What I have found is this: fish in general, salmon excepted, is innocent, but the sauce is often mischievous.

THIS is all the regulation under which I lay myself with respect to the quality of my foods: but I am careful in the quantity. In general about half a pound of meat is my dinner: this serves nature the four and twenty hours without loading her; and he who will regularly accustom his stomach to nearly the same quantity of food, will keep it in right order; and will obtain and preserve that great article in the cure of this disease, a good digestion.

My exercise I regulate by the weather: and this reduces it to four kinds: walking in my chamber when it is worst, a coach when it is something better; when tolerably fine I go on horseback,  
and



and in the finest of all I walk ; not on the uneven stones of London, but on smooth ground.

AUTHORS prescribe more violent exercises ; but I find these sufficient : and repeated experience has confirmed me in this sentiment, that in the gout the great rule is, under every article, moderation.

## C H A P. V.

*The description and manner how to prepare the root of the BARDANA.*

THE medicine, the advantages from which I have so much cause to boast is the root of the *Bardana*, or Burdock ; and the method wherein I have taken it is a light infusion.

THAT no mistake may prevent others from finding in it the same benefit, I shall be particular in regard to the plant itself, and in the preparation.

WE have in England six species of Bardana, or Burdock ; they all possess the  
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same general virtues, but the kind which I have found best, and always have used, is the fourth species mentioned by Ray †, the woolly-headed Burdock. This is called *Lappa major montana capitulis tomentosus*, by Caspar Bauhine, and *Arctium* the Greek writers.

THIS is common by way-sides, and in waste places; it very much resembles the common Burdock in form and stature : but may be known from it, when young, by the redness of its stalks, and when full grown, by its woolly-heads. Linnæus supposes it only a variety of the common kind : however that be, I have found it possesses greater virtue, and as it is nearly as frequent, and is easily distinguished no other should be used.

NATURE friendly to mankind, tho' in her favours too much neglected, has generally made those things which are most useful, the most common, and most permanent. This plant which  
grows

† Synopsis Plantar.



grows every where at our doors, has a perennial root, fit for service at all seasons. It should be gathered fresh every time for use; for I have found its virtue is, in a great measure, lost by keeping. When fresh taken up, it is a cordial, diaphoretic, and diuretic medicine: when it has been kept some time, it is a diuretic only. All its virtues are useful in the gout; and therefore it should be used just gathered.

CUT one ounce of this root, clean washed, into thin slices; pour on it a pint and half of water in a stone jar; cover the vessel, and as soon as the liquor is cold, pour it off thro' a sieve without pressing. This quantity is two doses, warm half of it moderately, and mix with this half a pint of new milk and half an ounce of honey. Drink this alone, or eat it with bread for breakfast, and the remaining half in the same manner for supper.

It is not disagreeable, the flavour is like that of the pea or bean-kind, and the infu-

sion thus mixed with milk, tastes like asparagus or young-pea soup ; palates are various ; but to me it is as pleasant as any of these : it sits well upon the stomach, and promotes gentle perspiration : 'tis lubricating and deobstruent : its principal operation is by urine, but not violent ; and it at once is serviceable against the disease for which it is given, and against that certain concomitant of it, the stone or gravel. Perhaps, in this respect it excels all other remedies.

IN regard to the gout, it does all we can expect or require of a medicine, unless we knew an absolute or specifick remedy. It softens the too firm texture of the coats of the vessels ; it separates the solid parts swallowed in our food to a due distance, if drank regularly in this manner ; and while it keeps them out of those clusters, which would prevent their passage in the smallest vessels ; it lubricates and softens those vessels on the inside, and gives them a due distention : at the same time it refreshes and invigorates



rates the whole frame, promotes circulation as evidently as it does perspiration ; and in a secondary manner assists the digestive faculties : for the stomach being charged but once in the twenty-four hours with solid or coarse food, according to this regimen, and that not in too large quantity, is able to act properly upon it ; and is not a little assisted primarily by this medicine.

THUS, if I do not deceive myself extremely, this root possesses all the virtues we expect in courses of medicines for the gout : and has their full effect, while it neither offends the stomach nor loads it.

THERE is also this farther advantage ; that in taking it in the regular manner here directed, the patient has the benefit of the best milk-course withal ; for cow's milk, with this addition, is brought nearly to the state of asses ; and this is the moderate way of taking it, which alone is safe. The absolute good effect of milk none can dispute, who have  
read

read of its effects, or seen them : but the danger is in the absolute change from a common course of life to one so poor. This is a middle method : the effects of the milk are improved by the medicine ; and there is neither the danger attending on the entering upon such a course ; nor on the leaving it for a common diet.

WHAT I write of the great effect of this medicine, I feel. Mine, though not the most terrible state of the gout, was as bad as usually men suffer at my time of life ; and it is now reduced to a very slight degree. I have some seasons escaped with two fits in the year, and these only of three weeks each ; one in autumn, and another in spring. And if the peculiar unfavourable nature of the season make it worse ; if one fit follow another through the winter, still they are the slighter for their number ; and there are intervals of health.

MORE than this, no man afflicted with the gout can hope, unless an absolute remedy



medy should ever be found: and thus much I can in general cases, promise to any who will follow the same easy convenient, and agreeable method.

## C H A P. VI.

*The conduct of a gouty person in the fits.*

**I**N the fits I find bed the only proper place: the posture is most favourable; sweats are easiest procured, and the limb may be most conveniently wrapped up in flannels.

I ALWAYS take to my bed immediately on the attack: and eat nothing solid for several days. The medicine with less milk is my usual drink, and I find from it the double advantage, of promoting perspiration, and clearing, the urinary passages; in which, otherwise from the posture, and the diminished quantity of urine, (in consequence of the encreas'd perspiration) gravel, and small stones otherwise are naturally formed.

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LET it be understood, that I speak here of the gout alone. These are the advantages of the medicine in moderate cases : and in the very worst, it will do proportionable service ; when the gout is the sole disorder. But this, though vulgarly said, to banish all other diseases is often joined with very bad ones.

THIS is always known by the complication of their symptoms and in that case, let no man who has not been bred to physick, trust his own opinion. In the extreme symptoms which I shall name presently, and in this case let a physician be called in ; but for the general course of the gout the patient may manage himself very well with these directions. An honest physician, if called in, would do nothing, and for those of another character, no care is too great to keep out of their hands.



## C H A P. VII.

*Of the different stages of the gout.*

**H**A V I N G explained the nature of the medicine proposed, I shall add for the information and satisfaction of my fellow-sufferers in this severe disease, a general account of its appearance under the different degrees; the occasions of regular fits, and its treatment in all circumstances. Nor is the giving satisfaction to the minds of gouty persons, a small article in their bodily relief; for a disturbed imagination, and uneasy temper; aggravate all the symptoms.

As the persons most liable to the gout are the ingenious, active, and rich, their natural course of life contributes also to bring it on: they feed high, and give a loose to the passions; and often, what they suppose their punishment, is their relief. A fit of the gout terminates symptoms which threaten something worse; and the head and stomach are

relieved by it, instantly, after long oppressions.

WHEN a man feels himself uneasy after meals ; his stomach disturbed with wind ; his head dull and giddy ; and the palms of his hands hot and dry ; if his cheeks burn, and his breath be short, and he have twitchings and slight convulsions ; let him, if he be subject to the gout, or have reason to expect he may be so, desire and use all means to bring on a fit.

NATURE is oppressed with the gouty matter, and she is labouring in all this to throw it to the joints : she will be over-powered unless this be accomplished. The severest fit is not to be dreaded on this occasion ; for it prevents, perhaps, an apoplexy.

THE labours of nature in all this time bring on a fever, which continues with the fit : the pain and inflammation joining to keep it up. It is a necessary symptom ; and need give the patient no concern.

ALL



ALL this time the nights are most painful ; and the easier hours are those the day. The pain, the inflammation and the fever encrease towards evening and naturally all abate a little at the approach of morning. In persons who have been long subject to the gout, it takes a fortnight to make these changes, which in others happen in the four and twenty hours ; and hence arises the different length of fits. Every fit of the gout is made up of many of these shorter fits, and the general fit is longer or shorter accordingly.

A FORTNIGHT is the most natural and regular continuance of a fit of the gout in an unbroken constitution : When it regularly encreases at evening, and abates in the morning, this may be expected to be the period : and with the due use of the medicine here recommended, in the fit, and during the intervals, the patient usually may promise himself this regular period for relief. Accidents may prolong the fit or bring on re-

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lapses

lapses ; but against these he must be upon his guard.

No error is greater than that of a person when rising from a fit of the gout, desiring to be well too soon.

AFTER the sweating regimen we have directed, the pores are open, colds are caught most easily ; and the consequence is a relapse : for though the gouty matter has been in a great degree discharged during the course of a regular fit, I never knew the body so perfectly cleared of it, but that enough remained to furnish out a second attack, if the carelessness of the patient exposed him to the danger.

#### C H A P. VIII.

*Of the conduct of a gouty person in the intervals.*

AS the recovered person should therefore accustom himself to the free air by very slow degrees, so should he be as  
care-



careful in the first use of the restor'd limb. I have often, for the pride and pleasure of walking a-crofs a room, suffered a relapse : and many a man by going out one day too soon, has been laid up again for twenty. Sydenham is indeed for quick airings : but experience contradicts his doctrines.

WHEN the feet are able to tread upon the ground, let the utmost care be taken to set them down slowly and evenly. A twist of the foot by a rough stone will bring on a fit, when it was otherwise not to be expected : much more may any violence to the parts occasion a relapse while they are weak.

If men subject to the gout ought to wish for fits at due times ; and particularly, on the appearance of the symptoms I have named, as expressive of nature's efforts to bring them on ; so ought they also on account of their peace of mind : for the gout labouring ineffectually to a fit gives the very worst hypo-

hypocondriacal symptoms ; vain terrors, melancholy, and unnatural peevishness. A fit in this case is a relief to himself, and to his friends.

WHETHER medicine can contribute to this happy event, experience has not taught me, and I follow no other guide ; But what the patient should not do is evident, tho' we are not so certain what he should.

NATURE is loaded and oppressed ; let him not load and oppress her more by intemperance. Full meals are more to be dreaded than any other excess. Once I have in these circumstances, brought on a fit by carefully bathing my feet in warm water, and encreasing the dose of the medicine : whether the effect be constant, more trials must determine. The fit I brought on by it, immediately followed the bathing ; the right foot continued in the same degree of heat in the water ; the other grew every instant more inflamed ; and the goat possessed



possessed it fully by midnight. Towards morning it remitted a little, and the fit was a regular and moderate one of sixteen days. The medicine brought on sweats, which abated the fever and the inflammation ; and little more than the three first days could be called exquisitely painful.

WITH regard to these there is comfort in the very agony ; for the sharper the pain is at first, the shorter will be the fit ; if no error or neglect of care prolong it.

THE short period of the fit is not all that is foretold by extreme pain, during the first days of it : the perfect health which follows, till another fit, is the natural attendant on the same extremity. The more exquisite is the pain, the more perfect is the fit : and the more perfect that has been, the more healthful will be the succeeding interval. I have always found after a perfect fit, though it have been a short one, appetite return ; and with it  
good

good digestion ; strength soon recruited ; spirits free and lively ; and no return of any complaint whatsoever ; till in spite of all the effects of Burdock and temperance, nature has collected matter for another fit : which being managed as the former, has given the same healthy interval afterwards. My friends say, no man when free of the gout is so perfectly free as I am. I believe it is true : and this is the reason. They and the world have the whole method by which I have attained it ; which should have been published sooner had the truth been sooner sufficiently ascertained. The healths of mankind are not to be trifled with ; and he is as criminal who publishes a remedy before he is assured of its success ; as he who keeps it secret afterwards.

They complain who have frequent fits of the gout, but without just reason : for the more frequent they are, the less violent. The quantity of gouty matter after a long interval is great ; and the vessels in so long a time of rest have contracted



tracted themselves more, and are less fit for letting it pass. On the contrary, in frequent fits the quantity of the matter to be discharged is small; and the passages are more open for its free course out of the body. All that medicine is yet known to be able to do, is to improve this state of the vessels: and so much it can. Therefore, temperance, and such a remedy as is here proposed, will reduce distant fits to the condition of those which follow nearer upon one another. By what I have yet seen, I think it will prevent the disease from growing worse in any stage: And this in one that is allowed incurable, is no small advantage.

## C H A P. IX.

*Of imperfect fits of the gout.*

**T**H E great effort by which regular fits of the gout are brought on is a powerful circulation. This is natural to gouty constitutions; but it is not

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universal. When this strength is deficient, all the previous symptoms of the gout will appear; shivering, fever, loss of appetite, numbness, and at last, a gnawing pain in the parts where the inflammation might naturally be expected: but nothing more. This is a very unhappy case: pain would be pleasure; for it would be the proof of approaching ease.

AGE often causes these imperfect fits, and sometimes a too low diet: frequently the temperature of the air. In all these cases the great care is to do nothing that can obstruct nature more: and I have found the medicine here recommended very effectual. For this purpose it will be best to enlarge the quantity of the root in the infusion, without encreasing the milk or honey.

THE effect of an ill managed gout in any state; and perhaps of every gout in time, is to load the joints with chalk-stones. This is a very deplorable circumstance: but there is comfort with it, for the pains are less.



THE causes of the concretions are a weakened circulation, and an induration of the coats of the vessels. The first of these may happen at any period from accidents ; but both are certain attendants on old age. The power of the heart grows less as men advance toward the natural termination of life : and we see evidently the other incident. The great artery near the heart always has its coat hardened by age ; and sometimes it is turned to a kind of bone.

LET the reader consider with this, what has been laid down as the necessary course of relief in the disorder, and he will at once see how he is to judge. The two great articles are, a strong circulation, and a softening of the coats of the vessels. No medicine can do this when the heart has lost its force, and the coats of the vessels are naturally hardened. A first cause of the gout was that hardness, and this state must encrease it.

BUT there is comfort yet for those whom the gout has preserved to know this period. They have reached toward the full, and possible extent of human life; and if not that disorder, age itself would call them from this stage of being. Tho' the load is greater on the parts, the pains are less: for the organs have lost something of their former delicate sensibility.

THE occasion of the concretions is plain. The matter which causes the gout is thrown upon the parts from whence it has been used to be discharged; but neither the nature of the vessels, nor the power of circulation any longer favour, or support that consequence. The quantity which should have been thrown off is left upon the place; and at every fit more and more is added: for the powers of nature are weaker, and the first lodged quantity is an additional obstruction to all the rest.

By degrees the matter of the gout now becomes the object of our senses. Those  
hard



hard particles swallowed with our food, appear separated from it. That about which we have before reasoned we can now see ; and the certainty of the doctrine establishes the method of relief.

PARTICULAR constitutions, and peculiar frames of body, will shew this mischief sooner. A weak circulation, and very firm coats of the extreme vessels, may put youth so far on the level with old age : and in that case, the same effects must follow. It is to this we must attribute chalk-stones in some young men : and 'tis not an idle speculation that discovers this ; for the cause being known, the event may be expected ; and we know also how to attempt a relief.

A LANGUID circulation is discovered in the pulse : and although the too great firmness of the coats of the extreme vessels, be not so immediately the object of sense ; yet it may be in some measure discovered in the general habit of the  
body

body. A young man in this state should be doubly careful in the intervals of his fits: every thing should be observed that can promote, assist, and invigorate the powers of the heart and the strength of circulation; and double care must be taken to keep those parts, which the gout naturally attacks, free, soft, and open.

Thus, perhaps, by the single medicine here recommended, what is so early lamented in some, may be obviated in others; and many years of misery prevented in valuable lives.

## C H A P. X.

*The nature of the gout in old persons.*

THE fits in old men who have arrived at this stage of the disease, are more frequent, and of longer continuance than in others: but the extremity of pain is over. The chalk-stones are very long in forming, nor is there any violent anguish in this operation of nature: and they may at the  
worst



worst, be taken out without the least pain. Indeed they hurt the power of motion in the joints which they affect; nor does the removing them restore the part: it only eases it of the incumbrance. The worst is, that they appear in other joints beside those which the gout originally, most naturally, and most painfully attacks: but the patient feels less pain even from this; for the divided force of the disease is weaker.

THIS is the worst state of the gout in which the patient can be trusted with the care of his own health; and thus far he may. The last and worst stage of all; and which is most frequent in those who have gone through all the others, is the gout's leaving the extreme parts, and falling upon the head, the stomach, or other of the nobler organs.

IN this case, the best power of the physician is necessary; let it therefore be called in: and let the patient esteem him a master of his profession,  
 who

who is able to procure but a little relief. The absolute weakness of nature is the cause of the misfortune ; and he who can give her strength under any circumstances, deserves great honour. Where debauchees have destroyed the very principles, or where they are worn out by age, the power of art is very limited.

## C H A P. XI.

*Of the use of venery in the gout.*

**T**HE reader unaccustomed to medical researches, perhaps yet also unacquainted with the gout, thus sees in a single view what that disease is ; and in general what favours, and what opposes its generation in the body.

IF his ancestors have been afflicted with it, and he dreads the stroke at some future period of his life ; or, if having been initiated by slight attacks, his hours pass in painful expectation of worse mischief, he sees  
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the great rock which he is to avoid is intemperance : but there is another point as needful to be discuss'd, perhaps more needful, because less understood ; that is the commerce with women.

'Tis difficult to treat such a subject without an appearance of ill-timed pleasantry : but he who reads in the spirit wherein this is written, will not trifle so much with himself, or me.

FROM the earliest time all intemperance and debauchery have been forbidden in the gout ; and under that general denomination, venery has been understood to be included. The old Physicians were against all indulgence of this kind for gouty people : and stern Dolæus makes it an article of his milk-regimen, that men abstain from women most strictly for a year.

LET me be understood when I declare against this doctrine. All things in excess are bad ; and he who should give a

loose to ridiculous and immoderate desires of this kind, would doubtless do himself injury, whether he had the gout or not. Indeed it is peculiarly wrong in this disease, because all know that excessive venery weakens a constitution; and we have shewn the gout wants all its vigour.

As for the moderate and natural commerce with the other sex, far from enfeebling nature, it preserves her in a right state: it was intended in our constitution; and it is required by our constitution. But this is all: he who swallows cantharides to provoke sensations, for which he is not supplied by nature, is little better than a mad-man; and the unhappy idiot whose wild passions join the pox with the gout, deserves more pity than he is like to find.

THESE are the follies of the passion; not its natural state. God intended an union between the sexes; and the laws establish it in a most decent, proper, and happy manner. Every man subject to  
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the gout should marry : and if himself be honest, and his wife have not thrown off the modesty of her sex, all that will naturally happen of this kind is for his benefit.

THIS is moderation, without restraint : 'tis temperance ; but not abstemiousness : it is living as nature purposed : enjoying her satisfactions, not abusing them : and here and in every thing else he who truly understands what is natural, will find it is right. It must be so : for what we express by nature, means the operation and management of the deity ; and he is incapable of error.

WHY should any suppose the gouty man denied in moderation this supreme delight of the human being ? of all men nature prompts him to it most ; and here it is no false stimulation : the construction of body, which makes him liable to the gout, gives him also peculiar strength : and he who follows the foolish counsel of those who wrote their regimens, when they had out-lived this sense,

will do himself as much injury by the forced abstaining, as the inconsiderate youth can by a most free indulgence.

LET it not be supposed men should, for this reason, solicit appetites: let them wait till these solicit them: and when the period of life is come, wherein nature no more reminds them of the folly of those physicians, let them observe their doctrines.

I HAVE said this is a delicate subject to write upon: 'tis also delicate in the patient's management. The certain and infallible rule is this. Let him observe the absolute demands of nature: if he urge these upon his mind he deceives himself; if when they are real, he rejects them, the mischief is as great. The conduct of life in this respect is of high importance to the gouty patient; and there is none in which his reason will more faithfully direct him: but to enjoy her influence he must give her the absolute reins.

HIGH-



HIGH feeding is too common among gouty people : it has been forbidden in the easy regimen directed here ; but if any will in contradiction to this advice, indulge in it, let such remember they are not in a state of nature : their blood and juices are inflamed : and they may have absolute, which yet are not natural, sollicitations. High fauces are cantharides in a lower degree ; and their powers on the constitution being the same, the like effects must be expected from them.

IN this absurd cause men give abundant matter to the disease by their intemperance ; and by indulging the stimulation it occasions beyond the purposes, or heathful powers of nature, they at once load the blood with gouty particles, and enfeeble the circulation ; so that it cannot throw them to the extrem parts. Therefore, they perish. The stomach or the head become the seat, and they fall at once by an apoplexy

plexity ; or more miserably from the other cause.

THIS is the difference between rational enjoyment, and brutal indulgence ; between the use and the abuse of pleasures.

## C H A P. XII.

*Of discharging the chalky matter of the gout by urine.*

IN the critical and dangerous case of nature's labouring to bring on a fit of the gout in the extremities, and from a heedless or vicious course of life, being unable to effect it ; the great hope is by giving that matter a discharge some other way, which cannot be thrown upon the proper parts ; and which is feared on the others. It has been said, nay, much more, it has been proved that the gout and gravelly matter of the kidneys are nearly the same : the best chance therefore is to give it this course. All violence is dangerous

gerous : but I have found that, doubling the doses, the bardana-root, has performed great things. No ill can attend it ; and the hope of advantage is rational and great.

WE have gone through the particulars necessary to be understood by every person subject to the gout : and these being known, we may safely and usefully advance to more general considerations ; which will be in the same manner, plain and intelligible in their reasons : because they are founded on those particulars.

ALL outward applications to the feet and hands, when the gout is in those parts are wrong ; because it is already where it should be. Nothing is required but giving it safe passage : and the internal means we have propos'd do that. Nothing can be so dangerous as driving it from these parts ; or preventing its perspiring through them : and there is great reason to fear that all the compositions which  
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have been devised for external use, tend to one or other of these mischiefs.

LET the patient first consider that he cannot be cured: then let him apply all his endeavours to palliate the symptoms of a disease, which he must bear for life; and be as easy as possible under what he must endure.

TEMPERANCE and a quiet mind are the two great articles. They are both in his power; though perhaps there requires a command of himself to enjoy the benefit of either: therefore the patient is to be his own physician; and the best medicine for the gout is a true philosophy. Every high meal gives strength to the disease, and every immoderate passion inflames its vehemence. The best indulgence of the appetites is not worth a minute's pain of this disorder: passions which encrease its violence, disturb and distress the person while he indulges them: and beside this painful consequence, they are themselves their punishment.

CHAP.

## C H A P. XIII.

*Of air and exercise.*

**I**T has been observed before, that certain seasons are unfriendly to the gout; and the truth of this will be obvious to any who observe the condition of persons in general afflicted with this disease. There are winters in which they are all laid up for a long time; and others when they in general escape well. As nothing but the temperature and condition of the air can be the occasion of this, we see how much gouty people depend upon its condition. This may lead them to consider the air at all times, as a very essential point, and they will on more examination find it truly is so.

THE air of London, clogg'd with sea-coal smoak, and tainted with a multitude of foul, unpleasant, and unwholesome exhalations, cannot be proper for men, whose ease, and perhaps life itself, depend upon a good digestion, and free course of the blood.



PLANTS cannot live in it; or even near it healthfully: our organs are much more delicate; and we often attribute to wrong causes, the mischiefs which arise solely from this. If business, or unconquerable fancy, fix a gouty person in London, let him chuse a part near the air, and high: and let him on every occasion get into the clear air, if only for a few hours.

AN absolute residence in the country is more healthful: but where the company and amusements of this gay place, will detain such a person in it for winter, let him recruit in summer in the pure air; and lay in a stock of vigour for combating the pains and sickness of the next season.

THE absolute country life is most healthful: but whether it be this, or a partial one, let the situation be chosen with care. Bleak hills, and damp low grounds are equally unwholesome; and improper for the gouty: and clayey soils are always bad, because they hold



a continual moisture. The best situation would be the gentle slope of a lightly rising ground, where the autumnal *blue-bell* and *wild-thyme* paint and perfume the ground; and where the soil is gravel: where there are few trees, and where there is some running water.

HE who here will fix himself on such a spot as this, and enjoy life with temperate moderation, needs not envy or desire the bath of Aix, the soft air of the south of France, or any natural advantage under heaven.

LET him here use moderate exercise; and avoid damps and cold; allow himself but one solid meal a day: and when he grows towards the decline of life, have his physician not too far off. Himself will be able with prudence, and a due command of his appetites, to manage his disease till that period; and his mind will be at ease when he knows the help that may possibly be needed is not too remote. He will thus disarm an enemy he cannot conquer; and though under the restraint of temperance and care, will lead a hap-

per life than those who fancying they are out of one danger, expose themselves idly to a thousand.

WHEN a fit comes on, let him be abstemious; yet let him not deny nature her support. They err who advise strong wines in their natural condition, under pretence of freeing the stomach from the disease, which is free already; but something in this way is to be done: and they mistake as much who avoiding that, keep themselves too low.

#### C H A P. XIV.

##### *Of the diet and drink of the gouty.*

THE gout in regular fits is already where it should be; and what can be desired more? strong wines inflame fevers, and increase and aggravate inflammation: and under both these the patient labours at that time. The stomach is well, therefore it requires no medicine; and what is given vainly for that end, aggravates the other symptoms.

LET the wine which is used be strong and good in its kind: but till the decline of



of the fit, let it be given only in form of whey. The patient thus has all its strength; though none of its bad qualities: and while it gives him spirits to endure the pain, it assists that perspiration by which he is to be relieved.

UNLESS particular accidents determine otherwise, white wine is preferable to red: but when a purging comes on during the fit, it should be changed for common port. A great deal of care should be taken to get these good in their kinds: and often this change of the sort of wine alone, will answer the purpose of stopping that complaint. It is not common: for heat and sweating naturally incline the bowels to the other extream: but when it happens some care should be taken, lest it divert the right purposes of nature.

SOME have ventured to give, and to recommend in the gout, liquors stronger than wine; but they are never necessary, and they may often be hurtful.

WHEN the fit is going off the most advisable conduct is to abate of the quantity



tity of wine; and make up the difference in boiled chicken, chicken-broth, and other such things, which will recruit the strength: for spirits will follow.

THE diet of the intervals has been proposed already: but under the article of moderation there comes one consideration more; this regards the time of bed.

LATE hours at night, tho' accompanied with no other kind of irregularity, are in themselves hurtful. The gouty person understands that he should never venture into too cold an air; for that violent or unaccustomed chillings of the flesh are in a high degree hurtful. The night-air is always sharp; and it is often damp withal: in any condition it is dangerous to those subject to this disorder; but where there is dampness with the cold, 'tis worst of all.

EVERY body should avoid taking cold; but gouty people more than others.

THOSE were healthy times in which our ancestors rose with the sun, and went to bed at his setting. Nothing like this  
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can be expected now ; for he who does not conform in some degree to the customs of the world, gives up the advantages of society : But let the proper lesson still be kept in mind ; and let nothing tempt the gouty to accompany those who are exempt from disorder, in midnight entertainments.

'Tis essential to the health of many to get up soon : and this single caution would remove the complaints of half the vapoured people in the kingdom. To rise early is with most men to procure good spirits for the day ; and none have more need of them than those who suffered under the tyranny of this disorder. Early going to bed naturally leads to this ; and it has the double advantage of its own benefit, and of disposing the person to another.

IN the course of life here advised, there is nothing severe ; nor does the prescribed diet deserve the name of abstemiousness. The person who observes it, will always find himself in the better health, the better ease, and  
better



better spirits for it: and he will be doing all that can be done for his relief in the disease. His careful regimen will prevent the adding fuel to the constant fire; and by avoiding high-seasoned dishes, he will obviate the great encrease of the gouty matter. By this medicine he will be widening the vessels; and softening their coats; while it also promotes a discharge of the very matter of the gout by urine: and when from peculiar circumstances these are not sufficiently effectual; when that matter accumulates, and loads the frame; the strength of circulation which his moderate exercise joined to a temperate life have given him, will be sufficient to throw it to the feet; and he will after the lessened pain of a regular fit, discharge it there.

THUS he who begins the due course in time, will arrive probably at old age under very moderate torments of the disease; and those who enter on it later will not fail to obtain a proportioned advantage. The method is proper for the gouty at all times; tho' it cannot under all circumstances afford equal benefit.